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Prevention/Children's Trust  
Fund of Alabama



**FOWLER DAVIS**  
4 CHANGE

Barbara Fowler  
Co-Founder  
Fowler Davis 4 Change

How to Protect our Youth in Today's Digital World



**DIGITAL SAFETY**

**BE AWARE. BE SMART. BE SAFE.**

<https://ctf.alabama.gov/digital-safety>



Technology has drastically changed the environment our kids are growing up in. Parents are feeling overwhelmed and frustrated by the barrage of exploitation dangers facing their children online.

From unwanted exposure to hardcore internet pornography to grooming, cyberbullying, sexting, sex trafficking, and sexual predators, parents are growing increasingly worried about the threatening digital world their children are forced to grow up in.

Most young people long for some type of interaction with others that seems genuine. Sadly, more and more online predators are leveraging this reality.

As technology advances, new forms of crimes emerge. Never before has it been easier for perpetrators to make contact with children, share images of abuse, hide their identity and profits – and inspire each other to commit further crimes.

The Children's Trust Fund wants to provide resources to help parents protect their children in this ever-changing digital age.

This series of videos and resource guides discusses topics related to digital safety, awareness, and prevention.

These are effective tools for increasing public awareness or as tools to support training for educators, law enforcement, service providers, lawmakers, engaging parents and other community members in a dialogue on the importance of prevention and digital safety.

We want you to use these resources and share with your family, children, friends, colleagues, and peers who work with children and youth.



# Initiative

Web Site

Videos

Educator Guide

Parent Guide

Youth Guide

Youth Poster

Social Media



- Posters can be downloaded, shared and printed. Each poster includes a QR code that links directly to the digital safety videos or resources.
- Social Media (includes graphics and shorter Reels/TikTok-style videos)

# Goal

- Our goal with the digital safety prevention initiative is to educate, empower, and equip Alabama's youth, teens, parents/guardians, educators, law enforcement, and others in the community about the risks of online activities and connect them with resources in the community that will strengthen the family and help youth and teens have positive online experiences.



# WEBSITE



Alabama Department of  
Child Abuse and Neglect Prevention  
**Children's Trust Fund of Alabama**

# DIGITAL SAFETY



⋮⋮⋮⋮⋮ **BE AWARE** ⋮⋮⋮⋮⋮

**THE INTERNET CAN BE FUN... BUT IT CAN ALSO BE DANGEROUS.  
NOT EVERYONE ONLINE IS WHO THEY SAY THEY ARE!**

In our videos and digital guides, you will learn about these issues and more



Online Interaction



Online Grooming



Cyberbullying



Sexting



Online Apps, Gaming  
and Privacy



Setting Boundaries



Buying Drugs Online



Dangers Of  
Pornography



Safety Tips



Promoting Digital  
Wellness



Privacy Settings



Red Flags



Resources



Digital Safety Video



:90 Be Smart Video



:90 Online Grooming Video



:90 Control Video



:30 Take Control Video



:30 Cyberbullying Video



:30 Friendship Video



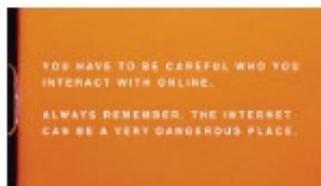
:30 Online Grooming Video



:30 Social Media Video



:30 Online Privacy Video



# Digital Downloads



## Youth Guide

DOWNLOAD



## Parent Guide

DOWNLOAD



## Educator Guide

DOWNLOAD



## Youth Poster

DOWNLOAD

# Resources

## YOUTH

#NEED  
HELP

If you, or someone you know, is being exploited online, contact NCMEC (National Center on Missing and Exploited Children) 800-THE LOST (800-843-5678) or report at Cyber Tipline at [www.cybertipline.com](http://www.cybertipline.com). NCMEC's Cyber Tipline is the nation's centralized reporting system for the online exploitation of minors. All tips remain confidential. Available 24/7.

**NetSmartz** is NCMEC's online safety education program that provides age-appropriate videos and activities to help show you how to be safer online. We want you to be aware of potential online risks and empower you to make safer choices on- and offline.



**988 Suicide & Crisis Lifeline** provides support for people in crisis. Suicide is the second leading cause of death for young people between 10 to 24. Sometimes it feels as though your struggle is being underestimated by your age. But we hear you, and help is available. Don't be afraid to reach out to friends and trusted adults in your life for support. Call or Text 988 – calls are confidential.

## PARENTS, CAREGIVERS, EDUCATORS



**Alabama Family Central** is a collaboration of state agencies and partners supporting Alabama's families with resources, services, and more to help raise healthy, happy kids. Call Childhelp at 800-422-4453 to report abuse. For Internet Safety resources, visit **Family Services of North Alabama**.

**The Parenting Assistance Line (PAL)** provides helpful assistance to moms, dads, grandparents, caregivers, and anyone who wants to nurture a happy, healthy family. Whether you need a sympathetic ear or real resources, PAL's specialists are there for you! Available from 9am-4pm, Monday-Friday. Call, text, or use the online chat option. Messages can be left at any time. Call. 866-962-3030.

**Connect Alabama App**, from the Department of Mental Health, is an important tool, offering fast and reliable service to someone looking for help. The app is available for download on iOS through the app store and for Android devices via Google play.

**NAMI Alabama Crisis Line** 800-273-8255.

**National Alliance on Mental Health (NAMI) – The Crisis of Youth Mental Health**

We need to listen to our young people. We need to commit to keep learning about what they are going through, and we need to invest in them. We can't afford to lose any more young people to suicide or to allow them to suffer in silence any longer. Our young people need us – and we need them. Call NAMI Helpline at 800-950-6264 M-F, 9am-9pm CST. In a crisis, text "NAMI" to 741741 for 24/7, confidential, free crisis counseling.

**Thorn for Parents (Be Your Kid's Safety Net - Thorn for Parents)** puts more control into parents', and kids', hands. They offer discussion guides for talking to kids between the ages of 7 and 17. You can sign up for text alert reminders for conversations. These provide simple ice breaker conversation starters about the most difficult topics in today's digital world.

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# YOUTH POSTER

## DIGITAL SAFETY BE AWARE. BE SMART. BE SAFE.



The Internet can be fun....but  
it can also be dangerous.

NOT EVERYONE ONLINE IS  
WHO THEY SAY THEY ARE!



Scan to watch video . . . .

### THE INTERNET IS FOREVER!

Be Careful What You Share!  
Protect Your Privacy!  
Protect Yourself!



Online Grooming



Cyberbullying



Sexting



Online Apps,  
Gaming and Privacy



Setting Boundaries



Buying Drugs Online



Pornography



Report/Block/  
Unfriend/Unfollow



Have an Exit Plan



Talk to a Trusted Adult

### RED FLAGS

When communicating with someone online, here  
are some red flags that someone may use to take  
advantage of you.

- They DM you and say, 'Let's go private.'
- They ask if you're alone and want to know private information about you.
- They will say anything you want to hear like, "I understand how you feel, I can help you." Or "want to earn some fast money?"
- They send you links to inappropriate things or send you sexual images or videos.
- They ask for nudes.
- They want to meet you in person.
- They tell you a 'secret' and then tell you to not tell anyone and you can trust them.

### NEED HELP?

Scan for help and resources



[ctf.alabama.gov/digital-safety](http://ctf.alabama.gov/digital-safety)

Guide made possible by funding through the Alabama  
Department of Child Abuse and Neglect Prevention.

# YOUTH GUIDE (8 pages)

# YOUTH GUIDE ON EXPLOITATION AND DIGITAL SAFETY



## BE AWARE



**THE INTERNET CAN BE FUN... BUT IT CAN ALSO BE DANGEROUS. NOT EVERYONE ONLINE IS WHO THEY SAY THEY ARE!**



### ONLINE INTERACTION



- Using apps can be fun but can also be very dangerous, so you should **be very careful about who you let into your friends' circle.** .....
- You should only interact with people online that you know in real life.
- Don't add friends and followers you don't know online just to increase your following.
- **Friendship is not a button you click online.** That's not going to build a relationship with someone you can trust. It can lead to you being taken advantage of.
- Don't interact with people online in games, messages, or on any app that you've never met.



**Never share any personal information with anyone who is not your close friend.** .....



• You may feel like no one understands you, and you feel insecure and lonely. You want to be relatable, so that makes you want to seek out someone online to make you feel like you're special and you fit in.

**But that's not safe.**

**NEVER go meet someone in person who you've only met online.**



**THE INTERNET  
IS FOREVER!**

**◀◀◀ BE SMART**

**Be Careful What You Share!  
Protect Your Privacy!  
Protect Yourself!**

## **ONLINE GROOMING IS REAL**

- There are people on the internet that want to control you and hurt you.
- They can trick you into doing things you wouldn't usually do. They will use guilt to force you to keep doing it, by threatening to tell your friends and family.

**There are a lot of creeps and predators online who are very dangerous. They build up trust and trick you into thinking that they are safe... but they are not!**

- **Never share any personal information with anyone** – where you live, go to school, birthday, anything!

## **PROTECT YOURSELF**

- You have no way of knowing who is looking at what you post online or have sent to people in private messages.
- Never post or share anything online that you wouldn't want to be printed out and posted all over your school.
- Once you post and share something online, you are no longer in control of who sees it.



## **CYBERBULLYING**

- Cyberbullying is when someone online is aggressively threatening or being mean-spirited towards you.
- This includes body shaming, sending, posting, or sharing negative, harmful, false, or mean, hate/biased speech against you.
- There are a lot of people out there that try to talk to you cause they're just trolls or bullies.
- Sketchy people gain knowledge of your likes, habits, hopes, dreams, and even hurts. They try to discover these things to use them against you.
- If you're being bullied online, always report it to the social media platform, block them, and tell a trusted adult.

# SEXTING IS DANGEROUS!



## WHAT IS SEXTING?

Sexting happens when someone sends sexually graphic images or messages to another person.



You should **NEVER** sext or share nude or inappropriate photos or videos of yourself – with anyone. No matter what! It's against the law to make, send, or receive nudes for anyone under the age of 18.

Once an image is sent to someone else, it's just about impossible to get it back.

**These images will live online forever.**



Sadly, there are instances ("revenge porn") where someone shares photos or videos meant only for them, sometimes after a breakup.



**The moment you put images or videos out there, you are no longer in control...it's in their control.**

**ONE PHOTO OR VIDEO  
COULD RUIN YOUR  
ENTIRE FUTURE!**

If a stranger asks you to take a revealing image, it could be a scam that could lead to further demands and threats ("sextortion"). Do not respond, block them, and tell a trusted adult!

Even if you want to send it to someone you care about, **don't do it!**  
**It's that simple!**

# SET BOUNDARIES

Set boundaries between yourself and the digital world to protect your digital wellness.

If you see something online that makes you feel uncomfortable, tell a trusted adult and unfriend or block the source.

- Most apps and games are designed to be addictive. They design them to make you want to never stop using them.
- It's okay not to comment or respond to people instantly.



Sometimes you may feel pressured to always be connected. That can be unhealthy. You don't always have to be on your device. Take a break and do something else you enjoy.

- People like to paint a perfect picture of their lives on social media. It's not real. It's fake. **It's ok if your online life doesn't look perfect.**
- **Encourage your close friends to put their phones down so you can actually talk and look out for each other.**
- If you feel lonely or depressed, talk to someone you trust like your parent or guardian, best friend, or teacher. They can help!
- **Always trust yourself when you're online! Trust what you feel – if something doesn't feel right, pay attention to your instinct! You have control over YOU!**





## BUYING DRUGS ONLINE

It's not only illegal to purchase illicit drugs online, but it is **EXTREMELY dangerous!**

- Most often, you are not getting the drug you intended to purchase.
- Unknowingly, you can be sold and ingest drugs laced with lethal substances, like fentanyl. Fentanyl is added to pills incorrectly labeled as common pain, anti-anxiety, ADHD, or other prescription medications, potentially leading to overdose and even death.
- **The smallest dose of a drug laced with Fentanyl can kill you in a matter of minutes.**
- **The safest thing to do is NEVER buy any type of drugs online!**

## PORNOGRAPHY

**XXX**

• In today's digital world, pornography is easily accessible on any digital device.

- ▶ **Porn is NOT an accurate depiction of love** and can lead to bad online habits which carry over to your real life.
- ▶ **Watching porn can lead to a dangerous addiction!**

You always have the power to say NO!

You are in control of your life. That goes 100% for your life online.

Never do anything that makes you feel uncomfortable.

## SAFETY TIPS

### HAVE AN EXIT PLAN

- If someone is bullying you or talking to you in a way you don't like, then simply unfriend/unfollow or block them.
- **You have all the control when it comes to your online experience.**
- Stay in control of every aspect of your digital life. Pictures. Posts. Comments. Videos.
- **Never hesitate to tell a trusted adult if something happens online that makes you uncomfortable.**

## ONLINE APPS, GAMING, AND PRIVACY



- You have to work hard to protect your privacy online.
- **Never trust default privacy settings.**
- Make sure you check the privacy setting on any app or website you use. Ensure your privacy is protected before using any app, gaming device, or website.
- **Some apps say that the data is deleted, but it's not and can be used against you!**
- Never create usernames that are exact or similar to your real name.
- **Never reveal any information that could be personally identifiable.**

Predators take bits and pieces of information from games and other sources to access additional information about you. They will use this information to contact you with inappropriate messaging, or even face-to-face meetings that could lead to something dangerous.



# BE SAFE! ▶▶▶

**NEVER GO MEET SOMEONE  
IN PERSON THAT YOU'VE  
ONLY MET ONLINE.**

- **Don't tell people online where you are, where you're going, or where you're taking a vacation.** This can be used to track you by online predators.
- **Assume the whole world will read your posts.** Never post something online that would make it easy for a stranger to find you.
- You could stumble on photos or videos that you shouldn't see. Don't follow anyone who says inappropriate things or posts inappropriate photos.
- If you see something inappropriate or feel weird, tell a trusted parent, friend, teacher, or counselor.



## KNOW YOUR FRIENDS

Only share your profile and use social media or gaming to connect with people you actually know in person; deny any requests from those you don't. **Unfriend, unfollow, or block those in your friends list that you don't know in person.**



## TALK TO A TRUSTED ADULT

**If you ever feel uncomfortable or think something is sketchy, tell a trusted adult.** Whether it's a parent, faith leader, healthcare provider, teacher, coach, or school counselor. It's better to talk to someone about an issue when it happens, even if it's difficult to share. Talking about it now could keep it from becoming a bigger problem in the future.



## REPORT/BLOCK SOCIAL MEDIA

Social media platforms provide tips to help protect you from cyberbullying and hate speech. If you are being bullied and someone is out to cause harm to you, or others, immediately tell a trusted adult so it can be reported before anyone gets hurt. **You can also unfriend/unfollow and block anyone who is causing you harm. Report it to the social media platform.**



## RED FLAGS

**When communicating with someone online, here are some red flags that someone may use to take advantage of you.**

- They DM you and say, "Let's go private."
- They ask if you're alone and want to know private information about you.
- They will say anything you want to hear like, "I understand how you feel, I can help you." Or "want to earn some money fast?"
- They send you links to inappropriate things or send you sexual images or videos.
- They ask for nudes.
- They want to meet you in person.
- They tell you a "secret" and then tell you to not tell anyone and you can trust them. Once there's a secret, bad people use this secret to create guilt, shame, and dependence on them which can lead to more damaging scenarios down the road.





Watch our Digital Safety Videos  
and share with your friends.



If you, or someone you know, is being  
exploited online, contact the National Center  
on Missing and Exploited Children (NCMEC)

800-THE LOST (800-843-5678) or report at Cyber Tipline at [www.cybertipline.com](http://www.cybertipline.com).

# #NEED HELP

NCMEC's CyberTipLine is the nation's  
centralized reporting system for the  
online exploitation of minors. All tips  
remain confidential. Available 24/7.

[NetSmartz](#) is NCMEC's online safety  
education program that provides age-  
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show you how to be safer online. We

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death for young people between 10 to 24.  
Sometimes it feels as though your struggle  
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You can call the  
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LEARN MORE AT: [ctf.alabama.gov/digital-safety](http://ctf.alabama.gov/digital-safety)

Guide made possible by funding through the Alabama Department of Child Abuse and Neglect Prevention.

# EDUCATOR GUIDE (2 of 6 pages)



## EDUCATOR GUIDE TO ONLINE EXPLOITATION AND DIGITAL SAFETY



Students have a desire for attention, self-discovery, and validation through adolescence and puberty, and are at a greater risk than ever of becoming a victim of online predators.

### PREDATORS PREY WHERE KIDS PLAY!

Every person in the world, including children, flourishes in a positive support system. With the increase and transition to remote learning, kids are spending more time away from those positive support systems, making them more vulnerable to negative influences.

**We can't monitor our kids 24 hours a day, but we can gain knowledge on these issues to protect our youth while they are using technology.**

As an educator, share the following guidance with your peers and students to ensure online safety for our youth.

**If not monitored, the internet and social media can be dangerous places for young people.**

Over the past several years, authorities have seen an increase in the number of cases involving children and teens being threatened and coerced into sending explicit images. With this in mind, let's look at some online practices that educators should be aware of.



## ALABAMA

[Alabama Family Central](#) is a collaboration of state agencies and partners supporting Alabama's families with resources, services, and more to help raise health, happy kids.

Call Childhelp at 800-422-4453 to report abuse. For Internet Safety resources, visit [Family Services of North Alabama](#).

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We need to listen to our young people. We need to commit to keep learning about what they are going through, and we need to invest in them. We can't afford to lose any more young people to suicide or to allow them to suffer in silence any longer. Our young people need us — and we need them. **Call NAMI Helpline at 800-950-6264 M-F, 9am-9pm CST. In a crisis, text "NAMI" to 741741 for 24/7, confidential, free crisis counseling.**

# RESOURCES

Watch and share our Digital Safety Videos.



## NATIONAL

Thorn for Parents ([Be Your Kid's Safety Net - Thorn for Parents](#)) puts more control into parents, and kids, hands. They offer discussion guides for talking to kids between the ages of 7 and 17. You can sign up for text alert reminders for conversations. These provide simple ice breaker conversation starters about the most difficult topics in today's digital world.

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If you are aware your student might be, or is being exploited online, contact their parents or caregivers, and report through your mandatory reporting protocols. **You can call the National Center on Missing and Exploited Children (NCMEC) at 800-800-THE LOST (800-843-5678) or make a report at CyberTipline at [www.cybertipline.com](http://www.cybertipline.com).** NCMEC's CyberTipLine is the nation's centralized reporting system for the online exploitation of children. All tips remain confidential. Available 24/7. You can also email [gethelp@ncmec.org](mailto:gethelp@ncmec.org).



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**LEARN MORE AT:** [ctf.alabama.gov/digital-safety](http://ctf.alabama.gov/digital-safety)

Guide made possible by funding through the Alabama Department of Child Abuse and Neglect Prevention.

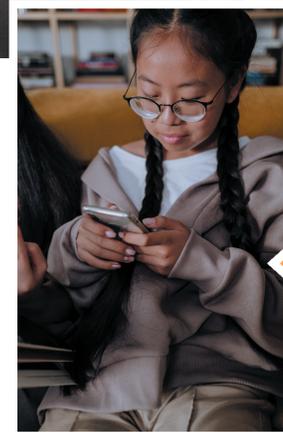
# PARENT GUIDE (2 of 6 pages)

## PARENTAL GUIDE TO ONLINE EXPLOITATION AND DIGITAL SAFETY

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As a parent, share this guidance with your family, friends, peers, and your children to ensure online safety for our youth. **If not monitored, surfing the internet and social media can be dangerous places for young people.** Over the past several years, authorities have seen an increase in the number of cases involving children and teens being threatened and coerced into sending graphic images. With this in mind, let's look at some online practices that parents should be aware of.



**PREDATORS  
PREY WHERE  
KIDS PLAY!**

### WHAT YOU NEED TO KNOW

#### E-TECHNOLOGY

As a parent, it's your responsibility to understand technology. If you are a parent of a tween or teen, chances are your child knows more about technology than you do. That's normal, but to help protect them, you must be educated, aware, and alert.

#### ONLINE GROOMING

Online grooming is a term used to describe the tactics abusers use digitally to sexually exploit minors with a power dynamic over them to take advantage of them. It can happen quickly or over time. Online grooming relies on exploiting a child's insecurities and trust to shift expectations of what safe behavior is. These "relationships" often result in leveraging fear, shame, and threats to keep a child silent.

## TALKING POINTS FOR YOU AND YOUR CHILDREN

### BE INVOLVED

**Make it a priority to be involved in your children's lives.** Be aware of who they are interacting with online through games and apps. Know how apps, games, and DMs (direct messaging) work so that you will know what to look for. Ask your child to show you and help teach you. They will most likely know more than many adults.



### HAVE OPEN CONVERSATIONS

Parents, talk with your kids about sexting in a relaxed setting. Ask them what they know about sexting and if it has happened to them. Express how you feel in a conversational, non-confrontational way. Help them understand what it may feel like to have intimate photos of themselves forwarded to any number of peers by someone they thought they liked or trusted. **This two-way dialog can go a long way toward helping your kids understand how to minimize social, reputation, and legal risks.** If they don't want to have the conversation, that's OK—have it anyway. Just don't expect it to last very long and be respectful of how they respond. But, they will know you are there and open to talking in a supportive, non-judgmental way when they're ready.

### IMPORTANCE OF PRIVACY SETTINGS

Be educated about privacy settings and share with your kids the importance of having the correct privacy settings on all apps and online gaming platforms they use.

### PROMOTE DIGITAL WELLNESS

Talk with your kids about setting boundaries with their technology. Creating healthy tech habits is an important part of protecting your kids online and offline.

### REPORTING

Stay alert when using digital media. Critical thinking about what we upload, as well as download, is solid prevention, and prevention is the best protection. If your children have received any sexually graphic images on their phones, delete them immediately. Your family doesn't want to run the risk of having what could be deemed as CSAM (Child Sexual Abuse Material or Child Porn) on any of its devices. Talk with your child about the possible psychological and legal implications. **The owner of a phone, computer, or device with nude photos of anyone underage stored on it could be charged with possession. If the photos go to someone in another state (which happens easily), there could be federal felony charges.** Some experts advise that you report the photo to your local law enforcement agency and the National Center on Missing and Exploited Children (NCMEC) CyberTipLine, especially if sextortion is involved.

### LIMIT IDENTIFYING INFORMATION

In addition to sexually graphic photos, be sure your child isn't posting sensitive information like their phone number, email address, birthday, or where they live, go to school, or involved in sports. As a parent, be careful and don't post photos with identifiers in the picture, like your home, child's school, or sport's field in the background, or even photos of your child in their school t-shirts or sports uniform.



# DIGITAL SAFETY

BE AWARE. BE SMART. BE SAFE.

SCAN QR CODE  
TO WATCH  
VIDEOS





**DIGITAL SAFETY**  
BE AWARE. BE SMART. BE SAFE.

**QUESTIONS**



**DIGITAL SAFETY**

BE AWARE. BE SMART. BE SAFE.

# **WHY IS THIS DIGITAL SAFETY INITIATIVE SO IMPORTANT?**

# **Addressing and preventing online harm is a struggle because:**

- Technology is constantly changing
- The best way to help is unclear
- Victims can't unplug - they need technology to survive and thrive



## 2021 ANNUAL REPORT RESEARCH ON CHILDREN AND TECHNOLOGY

In 2021, Bark analyzed more than **3.4 billion** messages across texts, email, and 30+ apps and social media platforms. These findings exclude school-based accounts.

Source: <https://www.bark.us/annual-report-2021/>

In 2021, Bark alerts for disordered eating were most often sent for **17-year-old girls**.

## Disordered Eating

**1.96% of tweens and 7.66% of teens engaged with or encountered content about disordered eating.**

Alerts for disordered eating range from mentions of dangerous dieting practices all the way to discussions of anorexia, bulimia, and body dysmorphia.

### Relevant stats concerning kids and disordered eating:

- 95% of people with eating disorders are between the ages 12 and 25.
- In the U.S, up to 10% of young women experience disordered eating.

Source: <https://www.bark.us/annual-report-2021/>

# Body Image Concerns

## Top 5 Social Apps/Platforms Flagged



1. Discord



2. Instagram



3. Snapchat



4. WhatsApp



5. TikTok

In 2021, Bark saw a **25.15% increase** in alerts for self-harm and suicidal ideation among kids ages 12–18, as compared with 2020.

## Self-Harm/Suicide

**43.09% of tweens and 74.61% of teens were involved in a self-harm/suicidal situation.**

Alerts for potential self-harm and suicide include anything from text messages about cutting to an email draft of a suicide note.

### **National statistics surrounding self-harm/suicide:**

- Suicide is the second-leading cause of death for ages 10–24.
- Every day in the U.S., there are an average of over 3,703 suicide attempts by young people grades 9–12.

Source: <https://www.bark.us/annual-report-2021/>

# Severe Suicidal Ideation

## Top 5 Social Apps/Platforms Flagged



1. Discord



2. Reddit



3. Instagram



4. Snapchat



5. TikTok

# Sexual Content

**68.97% of tweens and 90.73% of teens encountered nudity or content of a sexual nature.**

Alerts for sexual content can be anything from web searches for explicit content to a child receiving nude photos.

## **Recent information regarding kids and sexual content:**

- Sexting laws vary from state to state. Be sure to know the laws in your area.
- Research shows that teen sexting is associated with an increased risk of bullying victimization.

Source: <https://www.bark.us/annual-report-2021/>

# Severe Sexual Content

## Top 5 Social Apps/Platforms Flagged



1. Kik



2. Tumblr



3. Houseparty



4. Discord



5. Twitter

Source: <https://www.bark.us/annual-report-2021/>



## **SILHOUETTE CHALLENGE**

The Silhouette Challenge (#silhouettechallenge) is a trend that has been going viral on TikTok that involves dancing provocatively as a silhouette while the details of your body are mostly obscured by a red filter.

There are now many videos on YouTube instructing people how to use editing software or apps to change the contrast and color in a way that reduces the silhouette effect. Because participants are just a silhouette in the challenge, many are wearing less clothing, or lingerie, or nothing at all. The goal of the editing is to reveal their bodies.



### How To Remove Red Light Filter In Silhouette Challenge | Remove Red Filter

177K views • 2 days ago

How To Remove Red Light Filter In Silhouette Challenge | Remove Red Filter, remove red filter from silhouette challenge, ...

New



### Remove Red Light From Silhouette Challenge Videos Using Kinemaster NEW METHOD.

52K views • 2 days ago

the silhouette challenge. #silhouettechallenge #thesilhouettechallenge #removedlight #removedlightsilhouettechallenge ...

New



### How To Remove Red Light In Silhouette Challenge

195K views • 3 days ago

Remove Red Light In Silhouette Challenge Tik Tok: Here in this video, today I am going to show you How To Remove Red Light in ...

New



### How to remove red filter from silhouette challenge | 🤔

Remove red filter from tiktok

# Violence

**80.82% of tweens and 94.50% of teens expressed or experienced violent subject matter/thoughts.**

Alerts for violence range from texting a friend about a fight at school to direct threats against a child.

## **Relevant U.S. school shooting statistics:**

- Up to 1 billion children aged 2–17 have experienced physical, sexual, or emotional violence or neglect in the past year.
- A recent study warned of the high risk of childhood exposure to family violence during the COVID-19 pandemic.

Source: <https://www.bark.us/annual-report-2021/>

# Severe Violence

## Top 5 Social Apps/Platforms Flagged



1. Discord



2. Instagram



3. Spotify



4. Snapchat



5. Kik

Source: <https://www.bark.us/annual-report-2021/>

In 2021, Bark alerts for anxiety were most often sent for kids **age 15**.

# Anxiety

**19.69% of tweens and 42.05% of teens used language about or were exposed to anxiety.**

Alerts for anxiety are sent when kids discuss having anxiety or mention feeling anxious consistently.

## **Concerning stats involving kids and anxiety:**

- Anxiety disorders affect 25.1% of children between the ages of 13 and 18.
- Research shows that untreated children with anxiety disorders are at greater risk to perform poorly in school, miss out on important social experiences, and to misuse substances.

Source: <https://www.bark.us/annual-report-2021/>

In 2021, Bark saw a **21.2% increase** in alerts for drugs/alcohol as compared with 2020.

## Drugs/Alcohol

**75.35% of tweens and 93.31% of teens engaged in conversations surrounding drugs/alcohol.**

Alerts for drugs and alcohol can range from texts about prescriptions to videos of a child consuming illegal substances.

### **General drug/alcohol facts affecting kids today:**

- 11.7% of Americans over 12 years of age use illegal drugs.
- Alcohol use fell from 21% to 17% among eighth-graders, from 41% to 29% among 10th-graders, and from 55% to 47% among 12th-graders, according to a 2021 survey.

Source: <https://www.bark.us/annual-report-2021/>

# Bullying

**72.09% of tweens and 85.00% of teens experienced bullying as a bully, victim, or witness.**

Alerts for cyberbullying range from mean-spirited teasing to hateful threats and provoking statements.

## **Additional external bullying statistics:**

- According to the CDC, one in four students reports being bullied.
- Teachers state that cyberbullying is their top safety concern in classrooms according to a recent Google survey.

Source: <https://www.bark.us/annual-report-2021/>

# Severe Bullying

## Top 5 Social Apps/Platforms Flagged



1. Discord



2. Snapchat



3. Instagram



4. Kik



5. TikTok

Source: <https://www.bark.us/annual-report-2021/>

# Hate Speech

## Top 5 Social Apps/Platforms Flagged

 1. Kik

 2. Discord

 3. Tumblr

 4. Spotify

 5. Snapchat

In 2021, **girls age 17** were most likely to engage in conversations about depression.

## Depression

**32.11% of tweens and 56.40% of teens engaged in conversations about depression.**

Alerts for mental health range from mild pessimism to talking about or planning to attempt suicide.

### **More information about teen mental health:**

- In 2021, the American Academy of Pediatrics declared a state of emergency in child and adolescent mental health.
- Depression in youth has doubled since the beginning of the pandemic.

Source: <https://www.bark.us/annual-report-2021/>

# Depression

## Top 5 Social Apps/Platforms Flagged



1. Instagram



2. Discord



3. Snapchat



4. TikTok



5. Facebook

## TEENS AND PORNOGRAPHY AKA CHILD SEXUAL ABUSE MATERIAL (CSAM)

On January 10, Common Sense launched its newest research report, "*Teens and Pornography*, which documents the results of a demographically representative national survey of more than 1,300 teens (age 13 to 17) in the United States.

The report confirms that the majority of teen respondents have watched pornography online—and some have seen it by age 10 or younger. And while some have discovered it accidentally, a significant number of teens said they were viewing online pornography intentionally on a regular basis.

Here's what else we learned about how teens in this survey engaged with pornography:

- 44% have seen it intentionally. Additionally, 58% have seen it accidentally.
- 71% who said they have intentionally watched pornography reported viewing it in the last week.

Unintentional exposure to pornography could be a common experience for teens, as 63% of those who said they have only seen pornography accidentally reported that they had been exposed to pornography in the past week.

Source: [Teens and Pornography Report](#)

# Predators

**9.95% of tweens and 20.54% of teens encountered predatory behaviors from someone online.**

Alerts for predators are sent when a conversation is sexual in nature and there's a confirmed age difference.

## **Important information concerning online predators:**

- It only takes 8 minutes for a predator to form a bond with a child.
- Last year, there was a 97.5% increase in online enticement reports, according to NCMEC.

Source: <https://www.bark.us/annual-report-2021/>

The internet and social media are now a normal part of growing up for young people—including their natural exploration of identity, sexuality, and relationships. And as a result, sharing nude selfies has become increasingly common among youth today.

In fact, 40% of teens surveyed in Thorn's research think it's normal for people their age to share nudes with each other.

But trust is easily broken – and often, what is intended to be a private image can quickly become a viral image circulated online, resulting in the victim being rejected, isolated, and shamed by their peers and family.



Source: [Thorn for Parents](#)



Source: [Thorn for Parents](#)

**Pressure to  
Send Nudes**

**4X**

Men are 4 times more likely to  
pressure women for nudes

**Sexual Content &  
Teens**

**87%**

of teens encounter nudity or  
sexual content

Source: [EndTAB \(Ending Tech-Enabled Abuse\)](#)

# **SEXTORTION**

**is a serious crime that occurs when someone threatens to distribute your private and sensitive material if you don't provide them images of a sexual nature, sexual favors, or money.**

# SEXTORTION

The FBI issued a public safety alert in December 2022 warning of an "explosion" in cases of teenagers and young boys being tricked into sending explicit pictures online. In 2022, law enforcement received over 7,000 reports related to the online financial sextortion of minors, resulting in at least 3,000 victims, primarily boys, and more than a dozen suicides in the U.S.

Source: [FBI News Press Release](#)

*If a child is being exploited online, contact your local FBI field office or report it online at [tips.fbi.gov](https://tips.fbi.gov).*

*The National Center for Missing and Exploited Children (NCMEC) [has outlined steps parents and young people can take](#) if they or their child are a victim of sextortion.*



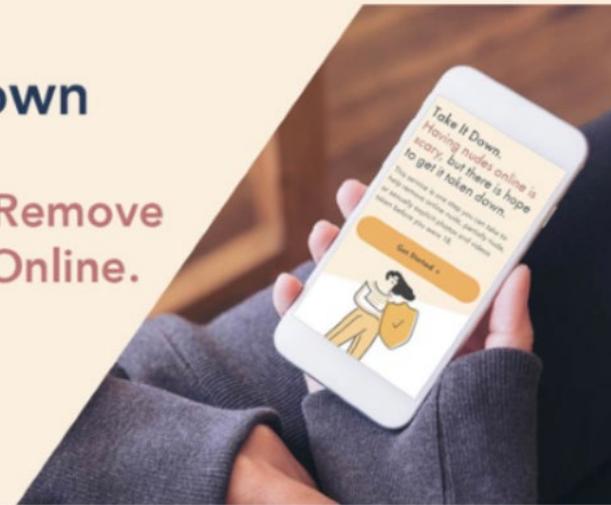
Source: National Center for Missing and Exploited Children (NCMEC).  
<https://www.youtube.com/watch?v=NzKLcvUQAqA>

## **EFFECTS OF IMAGE-BASED SEXUAL ABUSE**

- **Anxiety/Depression**
- **Fear of People Seeing the Images**
- **Fragmented/Low Self Esteem**
- **Social Isolation**
- **Low Grades/Lost Interest in Attending Classes**
- **Harassment On and Offline (stalking, threats, physical abuse, PTSD)**
- **Thoughts of Hurting Yourself/Suicide**
- **Loss of Employment**
- **Inability to Trust Future Partners**

# Take It Down

Get Help to Remove  
Your Nudes Online.



## **Take It Down**

**Having nudes online is scary, but there is hope to get them taken down.**

**A new, free service is here to help teens remove online nude, partially nude, or sexually explicit photos and videos taken before you were 18 off unencrypted Facebook, Instagram, OnlyFans and Yubo platforms.**

**Source: <https://takeitdown.ncmec.org/>**

If there is an explicit image of you from when you were 18 or older, you can get help at [stopncii.org](http://stopncii.org).

# DANGEROUS APPS FOR KIDS & TEENS



For even the most tech-savvy of parents, keeping up with all of the latest apps your kid wants to download can be a real struggle. Trends change, social media platforms evolve, and new viral apps can explode onto the scene in a matter of days. Making things even harder, it can be difficult to tell which apps are really a threat to your child's well-being.

Source: <https://www.bark.us/blog/dangerous-apps-kids/>

# DANGEROUS APPS/GAMES FOR YOUTH

The most popular social media apps among today's kids are **YouTUBE**, **Snapchat**, **TikTok**, and **Instagram**. Here's why some parents find them concerning:

- **YouTUBE** videos aren't screened before publication, allowing kids to find plenty of inappropriate content.
- **Snapchat** content disappears after 24 hours. Some kids (and predators) take advantage of this by sharing explicit photos or videos.
- **TikTok** has very loose content guidelines, so kids may run into offensive or explicit content.
- Research shows **Instagram** use worsens body image and mental health issues among young girls.

Social media platforms also open the door for cyberbullying from peers and online strangers alike.

Some companion apps, like the video editor **Zoomerang**, include a dangerous location-tracking feature.

# FIFTEEN APPS

## PARENTS SHOULD KNOW ABOUT

### MEETME



MEETME IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY, AS THE APP'S NAME SUGGESTS. USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.

### GRINDR



GRINDR IS A DATING APP GEARED TOWARDS GAY, BI AND TRANSGENDER PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.

### SKOUT



SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17-YEARS-OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.

### WHATSAPP



WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.

### TIKTOK



TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.

### BADOO



BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.

### BUMBLE



BUMBLE IS SIMILAR TO THE POPULAR DATING APP 'TINDER' HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.

### SNAPCHAT



SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24

### KIK



KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.

### LIVE.ME



LIVE.ME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN 'COINS' AS A WAY TO 'PAY' MINORS FOR PHOTOS.

### HOLLA



HOLLA IS A SELF-PROCLAIMED 'ADDICTING' VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.

### WHISPER



WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.

### ASK.FM



ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.

### CALCULATOR%



CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.

### HOT OR NOT



HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE, CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.

# DANGEROUS APPS/GAMES FOR YOUTH

Watch for these potentially dangerous social media apps too:

Tumblr

Reddit

Facebook

Twitter

QZone

Tout

Spreely

Triller

MeWe

Gab

Rumble

Social

IRL

Yik Yak

Hoop

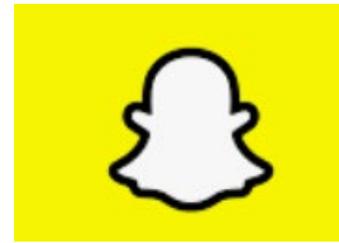
GETTER

VSCO

WeChat

Wishbone

Marco Polo



Snapchat has been around since 2011 and popularized the trend of “disappearing messages.” However, kids may not always fully understand that nothing really disappears on the internet — especially when a screenshot is just a quick button tap away.

**In addition to providing a space to send nudes, Snapchat also presents other dangers for teens. The GPS-powered Snap Map enables friends (and potentially even strangers) to know your child’s exact whereabouts.**

**There’s also been a recent uptick in drug dealers using Snapchat to connect with young people, as they think it’s “safer” than texting or emailing. Spoiler Alert: It’s NOT!**



Close on the heels of Snapchat is **Instagram**, the popular photo and video sharing platform owned by Facebook. Like Snapchat, Instagram has also added disappearing messages and photos. It's even developed its own version of TikTok called Reels — short videos set to music or viral audio clips.

**One of Instagram's primary dangers is the sheer amount of inappropriate content kids can access in just a matter of seconds, especially porn. Parents may overlook this but remember that a private account does nothing to prevent explicit searches — it just prevents certain users from viewing your kid's posts.**

The app has recently taken steps to create a safer environment for its younger users, but many of these changes (like defaulting to private profiles for those under 16) are either ineffective or can quickly and easily be turned off by a child in their settings.

# FAKE INSTAGRAM ACCOUNTS IN SCHOOLS

Almost every middle/high school is going to have some sort of fake Instagram pages that are made to make fun of other people. These pages are a nuisance and can cause a lot of drama at the school as well as being plain mean. You should discuss these types of pages with your kids, so they know what your expectations are.

The pictures used for these pages are either copied from the student's own Instagram page or taken without the student's knowledge.

**Smash or Pass Page:** Kids post a picture of fellow students on this page, and everyone says if they would smash (have sex with) or pass. AA: Kiss or Miss and many other similar names.

**Rate My Rack:** Kids post a picture of fellow female classmates and rate them. They are usually not discussing deer. FYI - teachers are almost always included on this one.

# FAKE INSTAGRAM ACCOUNTS IN SCHOOLS

**Rate my Shoes:** This one is popular for kids to post pictures of teachers' shoes or under the stall pictures of students using the restroom.

**(School Name) Confessions:** This page is for people to post pictures and reveal secrets about what's happening at the school. I have battled the drama from these pages the most at the schools.

**(School Name) Dates:** Students post pictures of kids and then suggest who should date who.

**Ratchet List:** This is a page dedicate to pictures of female students who people think have sex with everyone. This one is usually not based in any reality but ends up being very hurtful to the female students.

**(Area Code) Fights:** This page is dedicated to all the rights and confrontations in a larger area than the school. Some schools will send representatives to fight kids at other schools just so they can get the video on this page.

# FAKE INSTAGRAM ACCOUNTS IN SCHOOLS

**Body Count List:** This page shows pictures of kids and lists the kids others think they have had sex with. It quickly becomes a competition.

**Rape List:** This is a page dedicated to exposing male students who people believe have forced themselves on female students. This page is very damaging to anyone who shows up on the page and there are no checks or balances so anyone can accuse anyone of anything.

Contrary to popular belief, police can not just ask Instagram to delete the pages. Police can report it and sometimes Instagram will delete the page. Unfortunately, if the page gets deleted, it can be started again under a new name in a few minutes by any student at the school.

There is no real way to shield your kids from these pages. Talk to your kids about the consequences of posting pictures of themselves and others on social media.



Twitter is usually considered an app for breaking news, celebrities, and stand-up comedians. But **it's also a go-to source for porn**. Twitter is so expansive and has so many users that the app's search bar is basically like a Google search.

**Kids know this and use Twitter to find porn because the platform won't look suspicious if a parent does a quick browser history check.** Similarly, because Twitter isn't exactly all the rage with Gen Z, it's also not usually an app parents tend to worry too much about when setting screen time rules or creating web filters.

**Finally, kids don't even have to sign up for a Twitter account or use the app to access its content — they can check it out anonymously through any web browser.**

## **VICTORY: Instagram, YouTube and TikTok permanently shut down Pornhub's accounts!**

After mounting pressure and reporting from organizations, survivors, and advocates, Instagram, YouTube and TikTok shut down Pornhub's accounts for good. Why? Because impunity is finally ending for companies like Pornhub that knowingly profit from illegal content such as child abuse, rape, and sex trafficking.

This is an example of what is possible when individual citizens, survivors, and organizations of all backgrounds unite around a just cause. Pornhub is the flagship site of the international porn behemoth called MindGeek, which has been named one of the largest "Criminal Enterprises" in the world engaged in profiting from sexual crime.

Pornhub is now removed from all major social media platforms **except for Twitter**, and we are putting pressure on Twitter to shut down their account.



Discord is a huge place for teens to hang out and talk about gaming, whether they're actively holding a controller during a game of Call of Duty or just shooting the breeze after school. It's a messaging platform that's very similar to Slack, and features chatrooms, direct messaging, voice chat, and video calls. Users can join different "servers" and within each server are different "channels." Think of these like chat rooms. They can be for anything, from huge public video game servers to small, private groups of friends.

**So, why is Discord so dangerous? Because it can expose kids to all sorts of inappropriate content, from hate speech and porn to bullying and online predators.** Bark's 2021 annual report found Discord consistently in the top five platforms for bullying, suicidal ideation, body image, and more.

And even though it's popular among teens, Discord is used by more than just kids, which means that adult content on the app is rampant. It can be easy for kids to get involved in a Discord server and make "friends" and then be influenced by sketchy adults.



One of the most dangerous messaging apps for kids of the past decade has recently made a resurgence. Yik Yak is an anonymous chatting app that lets users within a five-mile radius read publicly posted messages. **When we say anonymous, we really mean it: Yik Yak has no user-names, no handles, no real names, and no photos.**

Kids can struggle with online etiquette when they're using their real names, so imagine how wild things can get in an environment with no accountability. **Yik Yak is also a breeding ground for bullying, especially when it becomes popular on school campuses. Rumors can be posted and spread like wildfire.**

**Another threat to watch out for is content that promotes sexual assault and violence, an issue the app had back in 2017.**



Among Us is an animated whodunnit mystery video game played on phones and tablets. Designed for 4 to 10 players, the game pits people against each other to find the secret killer on their spaceship.

If you're wondering **why Among Us made this list, it's not because of the mild violence (though there's plenty of that) — it's because of the chat function.** The game features a text chatroom for use during the emergency meetings to discuss who might be the imposter.

While the chat is censored, it can't be turned off entirely. **Profanity and violent language can be common. Also, many players move to Discord or Zoom to talk while playing.** This may be fine if your child is playing with their friends, but often games of Among Us are played with strangers — **opening the door to conversations with adults.**



Similar to Minecraft, Roblox is an open-world video game that's wildly popular with kids 5 – 12. You can often find games with characters and settings from pop culture — worlds that kids like to spend time in.

**Roblox isn't just one game, it's actually a platform hosting millions of games that users have created and published.**

Like with any other app that has user-generated content and an in-game chat feature, there's always the chance that kids can run into inappropriate content while playing. **This can include profanity, sexual content, drugs/alcohol, and more. The games themselves are similar to mainstream video games, with simulated violence (players can kill and be killed). There's also the chance of children messaging with potentially predatory adults.**



Omegle is an **anonymous video chatting platform that pairs**. Sensing a theme? That's right — **anonymous apps are usually some of the most dangerous apps out there for kids.**

Children have been known to go on Omegle in groups, looking for excitement during a sleepover much like our generation did with prank calls or AOL chat rooms.

But what they find on Omegle can be extremely dangerous. **Kids can be exposed to nudity and even real-life sex acts on screen. Predators can lurk on the site, grooming children and saving photos and videos from their encounters with a complete stranger anywhere in the world.**



What is Hoop? Think of it like Tinder meets Snapchat — almost literally. The app allows kids as young as 12 to form connections with total strangers.

By swiping through profiles — which include the person's age, gender, and photos — users can pick who they'd like to start a conversation with. They can then request that person's Snapchat username with the tap of a button to continue the conversation there.

While adults are also able to use the app, Hoop claims that users over 18 won't be shown kids' profiles (and vice versa). Still, this seems a little too close for comfort.

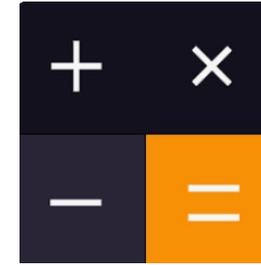


**Kik is a free instant messaging/chat app that has almost no redeeming value.** The company states that it's for kids 13 and older, but **the App Store rates it as inappropriate for anyone younger than 17.** This is because of the vast amount of sexual content the app can expose kids to.

If you don't use Kik to chat with friends you already know (and why would you, if you have texting capability, Facebook Messenger, or other more reputable apps), you're left with nothing but strangers in chat rooms.

Because of this, **the potential for predation is enormous with Kik.** As such, it's definitely not a messaging app for kids.

## VAULT APPS



**Vault apps** are used to hide content on phones and tablets, from photos and files to other apps that kids don't want their parents to know about. They often look like harmless apps — a popular one is a fake calculator, which grown-ups wouldn't usually think twice about.

Sometimes, these apps require a passcode to gain entry. Some even take a photo if someone is trying to figure out the combination to it! **Whether they're hiding off-limits apps like Snapchat or even inappropriate photos, nudes, or racy memes, vault apps can spell trouble.**



Many of the apps we've discussed so far are social media platforms or games. Yarn, on the other hand, is something you wouldn't expect. **It's a reading app, but definitely not one you want your kids downloading. Yarn tells stories via fake text messages (it looks like you're in iMessage reading a friend's thread) that are either scary or sexual. Some of the titles you can access include "Send Nudes?," "He's Watching Me," "Serial Slasher," and "Sexting 101."**

In addition to text messages, you can also watch short videos on a variety of topics. Sometimes, they're even in the form of TikToks. You can also listen to audio clips kind of like an audiobook or podcast.

## HOW TO TALK WITH YOUR KIDS ABOUT APPS AND HOW THEY CAN BE SAFE ONLINE

Oftentimes, children just want to keep up with the apps that their peers are using. They may not even realize just how dangerous apps for kids can be.

We recommend sitting down with your child and talking through any new apps they'd like to download. Discuss the pros and cons of each, keeping in mind that "because everyone else has it" isn't the best of arguments. But be sure to listen to what they have to say. Their research and passion may surprise you!

Sometimes, talking about a simple app can turn into a very important conversation about safety, sex, or even mental health. No matter what you decide when it comes to allowing your kid to use an app, consider **making a tech contract**. This document, which is created collaboratively, can help set expectations around and guidance for your child's online activity.

# EMPOWER KIDS WITH DIGITAL DEFENSE SKILLS

## **BARK**

Monitors 30+ apps for signs of cyberbullying, depression, online predators, and more.

## **Protect Young Eyes**

Explains digital trends, social media, & parental controls.

Download **The PROTECT App** – 500+ mini lessons

**Social Media, Gaming, Photo and Video Apps**

**Explained**

## **NetSmartz**

Topics Include Cyberbullying, Misleading Information, Online Predators & Safety Strategies.

## **Defend Young Minds**

How to talk to your kids about porn

## **Mothers Against Sexual Exploitation | Defeating a Predatory Industry**

Video from National Center on Sexual Exploitation (NCOSE)



**DIGITAL SAFETY**  
BE AWARE. BE SMART. BE SAFE.

**QUESTIONS**

# THANK YOU!



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**FOWLER DAVIS**  
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 **DIGITAL SAFETY**  
BE AWARE. BE SMART. BE SAFE.

<https://ctf.alabama.gov/digital-safety>

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